THE VITAMINS
AND
THE ELEMENTS

BY

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THE VITAMINS AND
THE ELEMENTS

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HEALTH AXIOMS

Healing power is an inherent quality of the organism.

The body, from its food, can manufacture all elements necessary for healing.

Pain is Natures warning of disturbance of the balance of the body.

Natures methods: air, light, temperature, water, food, exercise, relaxation, sleep, electricity, magnetism, mental force and spiritual power.

True healing is the restoring of Natures balance by one or more of these methods.

Many medicines are themselves causes of disease - to attempt a cure by adding to the cause is irrational.

Potatoes do not create fat.

Overeating often causes thinness - eat moderately.

Overweight is caused by slow metabolism; proper combinations of chemical elements will overcome this condition.

Don't eat too fast.

Constipation is caused by lack of ele-

ments necessary for the formation of digestive fluids.

Milk and acid fruits may be eaten if one is in good health.

There are no two foods that are in themselves incompatible.

Human digestive apparatus is made to work only on a small variety of food at a time. When too great a variety is eaten, the digestive juices are unable to take care of the foods before they begin to rot - result - gas and stomach and intestinal trouble and toxic poisoning.

1. Use only a few kinds of food at a meal.
2. Eat moderately.

TWENTY-TWO CHEMICAL SUBSTANCES IN MAN

Oxygen - Carbon - Hydrogen - Nitrogen - Phosphorus - Sulphur - Chlorine - Calcium - Potassium - Sodium - Magnesium - Iron - Iodine - Fluorine - Silicon - Manganese - Osmium - Arsenic - Bromine - Zinc - Copper and Aluminum.

THE VITAMINS

Vitamin A

Carbon 20 - Hydrogen 30 - Oxygen, is the chemical formula of vitamin A.

Its absence slows growth, causes weak eyes and bones, bad teeth, brain fatigue and lowered resistance to infection and bacterial disease.

Principal vitamin A foods:
Raw whole milk, butter, egg yolk, liver, heart, fish, animal brains, cod liver oil, red meats, spinach, lettuce, onions, brussels sprouts, tomatoes, asparagus, oranges, lemons, grapefruit, raisins and fruit juices.

Vitamin B.

Chemical formula: - Carbon 12 - Hydrogen 18 - Nitrogen 4 - Osmium. Its absence causes loss of appetite, upset stomach, constipation, or the other extreme, brain fatigue, beri beri, skin lesions and pellagra.

Principal vitamin B foods:
Germ of seeds, whole wheat, brown rice, eggs, yeast, peas, beans, lentils, asparagus, spinach, tomatoes, turnips, raw cabbage, okra, bananas, cocoanut, oranges, lemons, grapefruit, grapes, raisins, dates, figs, plums, prunes and berries.

Vitamin C.

Chemical formula - Carbon 6 - Hydrogen 8 - Oxygen 6. Its absence causes dwarfism, fragility of bones, loose teeth and scurvy.

Principal vitamin C foods:
Oranges, grapefruit, tomatoes, raw cabbage, carrots, celery, and dark berries.

Vitamin D.

Chemical formula - Carbon 27 - Hydrogen-42 - Oxygen.

It is the supervisor of calcium and phosphorus concentration. Vitamin D is formed from ergosterol, found in the skin and many foods. Irradiation with sunlight or ultra-violet light transmutes this compound to Vitamin D. It is necessary as a preventative of rickets and an activator of the parathyroid solution. It should be used in quantities for such diseases as rickets, neuritis and arthritis.

Principal vitamin D foods:
Cod liver oil, butter, fats and wheat flour.

Vitamin E.

Possible chemical formula: - Carbon 36 - Hydrogen 64 - Oxygen 2.

Deficiency of vitamin E causes sterility and possible paralysis.

Source: Wheat germ, lettuce leaves, alfalfa, egg yolk, beef muscle, beef liver, field peas, raw peanuts and corn germ.

Vitamin G.

Chemical formula: Carbon 17 - Hydrogen 20 - Nitrogen 4 - Oxygen 6.

It is a division of B and is relatively stable toward heat.

Lack of it results in stunted growth, lethargy and skin lesions, similar to pellagra. Heated foods may lose vitamin B, but still retain G. It is found in foods containing vitamin B.

THE TWELVE

MASTER CHEMICALS

-OXYGEN-

Oxygen is heavier than air, is only slightly soluble in water, is a poor conductor of heat and electricity, and supports combustion but does not burn. It is present in all living things, being a constituent of the primary living substance, protoplasm.

Deficiency in oxygen causes anemia, infections, aches, pains, nervousness and sterility.

Excess of oxygen causes obesity, fevers, pyorrhea, poor circulation, kidney troubles and heart trouble.

Principal oxygen foods are: Onions, tomatoes, watery vegetables, alcohol, spices, sugar, watery fruits, rhubarb,

radishes, fibrin foods, horseradish, watermelon and egg yolk. Also all foods containing vitamins. Oxygen constitutes about 65% of the body.

-C A R B O N-

Carbon is the most abundant solid in the body. It combines with calcium to form carbonate of lime; it occurs in the bones, and in combination with other elements is found in the various organs.

Excess of carbon causes obesity, flabbiness and sluggish mentality. It is a contributing factor in pyorrhea, acidosis and hardening of the arteries.

It is necessary food for growing children, but adults should eliminate it from the diet as much as possible. Overweight people should eliminate all carbon foods from their diet.

Carbon foods are:
White bread, malted milk, macaroni, polished rice, tapioca, candy, cookies, ice cream, puddings.

The best carbon foods are:
Whole wheat bread, whole rice, shredded wheat, brown sugar, honey, baked potato, rye bread, and figs.

-H Y D R O G E N-

Hydrogen promotes elimination, perspira-

tion, salivation, and circulation of the blood. It carries off impurities and soothes the nerves and tissues. It is an aid in the function of the senses of taste, smell and hearing. It prevents inflamation and pain.

Lack of hydrogen causes shrinking of the body, premature age and poor circulation. An excess of hydrogen causes clumsiness, exzema, obesity and flabby skin.

-C H L O R I N E-

Chlorine, as found in foods is the active disinfectant of the body. It prevents intestinal infection and bacterial fermentation. It makes the tissues strong and elastic.

Lack of chlorine makes one subject to the following diseases: Catarrah, rheumatism, asthma, arthritis, neuritis, poor liver, and Bright's disease.

Excess of chlorine shows in a greenish tinge of the skin. Excess dries up the body, irritates the mucous membrane of stomach and intestines, and interferes with nutrition.

Those who have an excess of hydrogen in the system and wish to reduce, should eat chlorine food, but not drink much water.

Chlorine and sodium combined, form salt which is found in the blood.

Chlorine foods:
Goat milk, goat cheese, organic salt, roquefort cheese, ham, dried beef, lettuce, salty fish, cocoanut, spinach, radishes, cabbage, carrots, raw egg yold, lentils, asparagus, and cucumbers.

-C A L C I U M-

Calcium is found in the bones and blood, and without it there would be no skeletal framework. It increases the life of the cell and keeps them firm. Calcium builds teeth and bones and gives firmness to the arteries. Lack of calcium in the blood brings about acid condition. The parathyroid secretion keeps the calcium in the blood in solution and prevents arthritis. Lack of calcium is a factor in pyorrhea.

Too much calcium should not be eaten after forty as it accumulates in the hardening walls of the arteries. Sodium helps keep the calcium in solution and prevents hardening of the arteries.

An expectant mother should have a diet rich in calcium.

Calcium foods:
Oranges, lemons, limes, grapes, currants, peaches, prunes, red cabbage, asparagus, cauliflower, lettuce, endive, rhubarb, spinach, onions, egg yolk, roquefort cheese, swiss cheese, buttermilk, and goat milk.

-P O T A S S I U M-

Potassium is found in rocks, soil, plants, in most foods, and in the tissues of animals. When there is a large amount of potassium in the tissues, there is a greater quantity of oxygen, producing greater oxygen activity, life and growth in the tissues, with greater blood alkalinity, a stronger system and more efficient muscular equipment.

Potassium is very important. It is the female chemical and is necessary for all female trouble. Constipation and other elimination troubles often arise from lack of potassium.

Potassium foods stimulate activity, tissue oxidation, gives energy to the heart, lungs and muscles, and induces sleep. It gives a reddish brown color to the skin and helps to heal injuries quickly.

An excess of potassium causes one to be physically aggressive while lack induces the opposite reaction.

Potassium foods:
Cereals, spinach, carrots, butternuts, peas, lentils, lettuce, oats, apples, figs, blackberries, cocoanut, cress, endive, potato skin, asparagus, olives, whole wheat.

-S O D I U M-

Sodium is found in nearly all bodies of water and in all soils. It increases solid tissue building. It develops and feeds cartilage, fibres, tissues and ligaments. It gives energy, strength, endurance and good digestion. It aids in strengthening the eyes and the flow of gastric juices. It has a soluble effect on calcium in the system.

Sodium deficiency causes frontal headaches, bloating, sinus trouble, burning or dry skin, gas, slow digestion and constant drowsiness. It shows in a corpse-like pallor, constant hunger and restlessness.

Excess of sodium may cause craving for alcohol, restless nervous temperament and stormy moods. If there is an excess of sodium, fats, sweets and starches should be eaten for balance.

Sodium foods:
Apples, asparagus, beets, carrots, celery, coconut, cucumbers, egg yolk, figs, fish, gizzard, gooseberries, lentils, milk, almonds, pistachio nuts, oatmeal, okra, prunes, radishes, spinach, strawberries, turnips.

-M A G N E S I U M-

Magnesium is the most relaxing and cooling of all chemical elements. It alkalinizes the body and protects brain tis-

due from over exertion. It acts upon the glands and generative functions. It counteracts gout, lumbago and colic. It gives the elasticity and life to ligaments and muscles thus preventing ruptures or hernia. It is a nerve sedative and increases the magnetic force, a deficiency causes one to be sensitive to heat, easily excited and nervous.

Magnesium foods:
citrus fruits, spinach, almonds, wheat, nuts, barley, gooseberries, rye, prunes, cocoanut, fig, chestnuts, [illegible], [illegible], egg yolk, goat milk, oysters, [illegible], chicken, pear and apples.

IRON.

Iron is the master element which brings the life force in harmony in the body. It gives warmth, magnetism, resistance to disease and vitality. If it were not for the iron in the blood, the body would not absorb oxygen through the lungs and we would suffocate. Iron and oxygen travel together to transmit their highest qualities to children. If through some disturbance of digestion, absorption or assimilation, the iron taken in the food is not utilized or is insufficient in quantity, the blood making organs do not receive the necessary amount, the red corpuscles are not formed in sufficient numbers, the blood becomes poor in hemoglobin and a condition of anemic manifests. In training the body to assimilate iron, plenty of

oxygen is necessary as oxygen is necessary because oxygen attracts iron.

Foods containing chlorine, potassium, sodium, iron, manganese, calcium, silicon, oxygen and iodine, should be eaten for iron deficiency. Hydrogen, carbon, sulphur, and nitrogen foods should be omitted.

Iron foods:
Beets, lettuce, lentils, spinach, peas, onions, asparagus, cucumbers, red cabbage, yellow corn, green beans, whole rice, prunes, peaches, raisins, berries, grapes, cherries, rye, rare beef, nuts, and egg yolk.

-I O D I N E-

Iodine protects the brain and nervous system from body toxins. It is needed by the glands, especially the thyroid. It assists assimilation of oxygen and calcium. Deficiency causes shattered nerves and goiter. Iodine neutralizes the toxins of decomposition that enter the blood stream from the intestines. One cannot assimilate an excess of iodine.

Iodine foods:
Lobster, shrimp, crab, oysters, salmon, cod liver oil,raw egg yolk, potato skin, artichokes, mushrooms, tomatoes, peas, grapes, strawberries, onions, pineapple, pears, beets, and garlic.

-F L U O R I N E-

Fluorine has much to do with the repair, growth, construction, maintenance and strength of bone. It forms the enamel of the teeth. It prevents oxygen from destroying bone and cartilage and preserves youth.

Deficiency causes ulcers, anemia, varicose veins and hemorroids. A heavy fluorine diet is recommended in cases of syphilis, T.B., gland and vein enlargements, and skin diseases.

Fluorine foods:
Egg yolk, water cress, cod liver oil, brussels sprouts, cabbage, cauliflower, spinach, roquefort cheese, swiss cheese, oats, goat milk, black bass, bluefish and garlic.

-S I L I C O N-

Silicon is a powerful antiseptic, alkaline in nature, next to oxygen the chief elementary constituent of the earths crust. Silicon gives hardness and polish to the bones and teeth, and is needed for the hair and nails. An abundance of silicon prevents tumors and nervous exhaustion. Mental workers should eat silicon foods. Without silicon there is no reproduction of animal life. Silicon gives sexual vigor.

Silicon foods:
Oats, apples, figs, cherries, strawber-

ries, egg yolk, peas, carrots, rice, cucumbers, spinach, cabbage, asparagus, gooseberries, nuts, onions and lettuce.

-M A N G A N E S E-

Manganese, though in minute quantities in the body, is an important brain and nerve food. It counteracts body acids and septic ailments. It is an agent of purification because of its germicidal quality. It acts strongly on the uterine lining through the nerves and acts on the entire lining of the prostate gland and ligaments of the sexual organs.

Dificiency of manganese causes confusion of mind, incoherent speech and erratic judgment. It is a valuable agent in treatment of gout, neuritis, weak eyes and drowsiness.

Manganese foods:
Egg yolk, beechnuts, almonds, walnuts, chestnuts, peppermint, endive, watercress and parsley.

Zinc, osmium, arsenic, bromine, copper, aluminum. These are found in the body as traces. It is entirely possible that every element is present in the body in such amounts that as yet they have not been detected.

FOOD

CLASSIFICATION

1. Nitrogenous, albuminous or proteid foods.

2. Carbonacious foods - foods containing carbon which is burned in the system. Food carbons are: Starch, sugar, fats, and oils.

Proteins:

1. Meats of all kinds (lean parts).
2. Fish, all kinds, as trout, salmon, herring, pickerel, cod, halibut, mackerel, sturgeon, shad, clams, oysters, crabs, and lobsters.
3. Legumes - dried beans, peas, lentils, and peanuts.
4. Dairy products - sweet milk, buttermilk and cheese.
5. Nuts - almonds, brazil, filberts, hickory, pecans, walnuts, butternuts, pistachios, and pignolias.

All grain contain protein and there is some in vegetables and fruits.

Starches:

1. Cereals, rice, corn, wheat, rye, barley and oats.
2. Tubers, Irish potatoes, sweet potatoes, and artichokes.
3. Legumes - lima and navy beans, peas, lentils and peanuts.
4. Chestnuts, cocoanuts, acorns and nuts.

5. Hubbard squash, parsnips, green bananas, pumpkin, tapioca and sage.

Sugars:

1. Ripe bananas, currants, grapes, raisins, prunes, dates and figs.
2. Sugar cane and sugar beets.
3. Honey.
4. Maple sugar.

Fats and Oils:

1. Dairy products, cream, butter, and cheese.
2. Pork, mutton and beef.
3. Fat fish, as herring, shad and salmon, trout.
4. Legumes - peanuts and soy beans,
5. All kinds of nuts.

Succulent vegetables are not classed with the previous foods discussed, for they do not contain a great amount of any food element, but are rich in natural salts necessary for chemical balance.

Concentrated proteins (meat, fish, eggs, nuts) combine well with cooked succulent vegetables and raw salad vegetables.

Concentrated proteins combine well with raw juicy fruits. Concentrated proteins do not combine well with potatoes, milk, or cheese as it gives too much protein. Concentrated proteins do not combine well with each other.

Fats combine with any other food.

Concentrated starches combine well with fats, succulent vegetables, cheese, nuts, eggs and natural sugar.

Sweet fruits combine with any other food.

Natural sugars combine with any other food.

F O O D

C O M B I N A T I O N S

<u>Vegetables</u> combine with:
Proteins, Milk, Acid fruits, fats, oils, sweet fruits, sugar, Legumes, starches.

<u>Starches</u> combine with:
Sugars, Vegetables, Sweet fruits, Fats and oils.

<u>Proteins</u> combine with:
Acid fruits, Vegetables, Fats and Oils.

<u>Acid Fruits</u> combine with:
Proteins, Vegetables, Milk, Fats and oils.

<u>Sweet Fruits</u> combine with:
Starches, Vegetables, Fats and Oils.

<u>Milk</u> combines with:
Acid fruits, Vegetables, Fats and Oils.

<u>Legumes</u> combine with:
Vegetables, Fats and Oils.

<u>Sugars</u> combine with:
Starches, Vegetables, Fats and Oils.

V E G E T A B L E S

Artichokes
Asparagus
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Corn
Cucumbers
Egg Plant
Endive
Garlic
Lettuce
Mushrooms
Okra
Onions
Parsley
Parsnips
Peppers
Pimentoes
Potatoes
Radishes
Rhubarb
Spinach
Tomatoes
Watercress
Squash
Turnips

S T A R C H E S

Barley
Bran
Bread
Cake
Cereals
Corn meal
Corn Starch
Crackers
Doughnuts
Dressing
Dumplings
Flour
Gravies
Hominy
Macaroni
Noodles
Oatmeal
Rice
Rye
Pastries
Puddings
Popcorn
Tapioca
Wheat Germ
Sago
Waffles
Spaghetti
Vermicelli

L E G U M E S

Beans
Peanuts
Lentils
Peas

P R O T E I N S

Cheese
Oysters
Clams
Lobster
Crab
Eggs
Fish
Game
Legumes
Meat
Nuts
Peanuts
Poultry
Rabbit
Scallops
Shrimp
Squab
Venison

S W E E T   F R U I T S

Dates
Figs
Raisins
Apples
Bananas
Cherries
Berries
Cantaloupe

A C I D   F R U I T S

Cranberries
Currants
Grapefruit
Kumquats
Nectarines
Papays
Passion Fruit
Pineapples
Prunes
Sapota
Grapes
Lemons
Limes
Loquats
Oranges
Peaches
Pears
Plums
Quinces
Tangerines

S U G A R S

Candies
Jelly
Molasses
Sugar
Honey
Preserves
Jams
Syrup

A N I M A L F A T S

Bacon fat
Beef driping
Butter Cream
Lard
Oleo
Suet
Tallow

M I L K

Buttermilk
Condensed milk
Goats milk
Ice Cream
Malted Milk
Whey
Whole milk

A L K A L I N E, A C I D A N D N E U T R A L F O O D S

VEGETABLES (Alkaline)

Artichokes
Asparagus
Bamboo shoots
Beans
Beets
Bread, Soy Bean
Broccoli
Brussels sprouts
Leeks
Lentils
Lettuce
Mushrooms
Okra
Onions
Parsley
Parsnips

VEGETABLES (Alkaline)
(Continued)

Cabbage
Cauliflower
Carrots
Chard
Corn
Cucumbers
Egg plant
Endive
Garlic
Kale

Peas
Peppers skin
Potatoes,with/
Pumpkin
Radishes
Spinach
Squash
Tomatoes
Turnips
Watercress

F R U I T S

(Alkaline.)

Apples
Apricots
Avocados
Bananas
Berries
Cantaloupe
Casaba

Cherries
Dates
Figs
Melons
Olives
Raisins
Watermellon

A C I D F R U I T S
with Alkaline Reaction

Grapefruit
Lemons
Limes

Oranges
Tangerines

STARCHES & SUGARS

(acid)

Barley
Bran
Bread
Rye
White Bread
Whole Wheat
Graham
Cereals
Corn Meal
Cornstarch
Crackers
Doughnuts
Dressing
Dumplings
Flour
Gravies
Hominy
Honey
Jelly
Jam
Macaroni
Molasses
Noodles
Oatmeal
Pastries
Popcorn
Potatoes, (Irish) without skin
Puddings
Rice
Sago
Sugar
Syrup
Tapioca
Wheat Germ

PROTEINS

(Acid)

Cashew nuts
Cheese
Clams
Crabs
Eggs
Fish
Hazel nuts
Hickory nuts
Lobster
Meats
Oysters
Peanuts
Pine nuts
Pistachios
Poultry
Rabbit
Shrimp
Squab
Venison
Walnuts

FATS OILS

(Neutral)

Almond oil
Corn oil
Cottonlene
Cottonseed
Crisco
Formay
Mazola
Nut margerine
Olive oil
Peanut oil
Sesame oil
Snowdrift
Wesson oil

ANIMAL FATS

Bacon fats
Beef drippins
Lard
Oleo
Suet
Tallow

MILK PRODUCTS

Butter
Buttermilk
Cottage Cheese
Cream
Ice Cream
Cow's milk
Goats milk
Whey

OF VITAL INTEREST
TO YOU

Do you desire a more abundant life?

Do you desire to be a better citizen?

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Do you desire health and long life?

Do you desire self-mastery?

Do you desire greater power of memory?

Do you desire greater power of will?

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A PROPHECY OF WORLD CONDITIONS AND AMERICA'S FUTURE

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